

NATIONAL

September 18, 2012

VETERANS

SUMMER SPORTS CLINIC



**MISSION
RE
DEFINED**
WWW.VA.GOV/ADAPTIVESPORTS

Army Veteran Ryan Major
Team Apollo



TITAN

MERCURY

POSEIDON

CALYPSO

OLYMPUS

APOLLO

NEPTUNE

PHEONIX

NAUTILUS

VULCAN

TUESDAY, SEPTEMBER 18

7:00 A.M. – 4:00 P.M.
**TRACK & FIELD /
ROWING / ARCHERY**
USOC

8:00 A.M. – 4:00 P.M.
SURFING
La Jolla Shores

11:00 A.M. – 5:00 P.M.
SAILING
San Diego Marriott Marina

9:00 A.M. – 4:00 P.M.
KAYAKING
Mission Bay Yacht Club

9:30 A.M. – 4:00 P.M.
CYCLING
Tideland Park

5:00 – 5:30 P.M.
**MANDATORY
TEAM LEADER
MEETING**
Santa Rosa Room

7:00 – 8:00 P.M.
**VETERANS
WRITING CLASS**
Author of Jarhead, Anthony Swofford
Santa Rosa Room



The adaptive sports experience doesn't have to end when you leave sunny San Diego.

There are lots of opportunities to play and compete in sports in hometown communities all over the nation. Whether it's track and field, cycling, kayaking or rowing, there is a program for you no matter your physical limitations or skill level.



Pushing yourself to compete at the highest level will lead to improved self-esteem and a fresh outlook on life.

The Sports Club Finder at www.va.gov/adaptivesports can help you find a program of choice in the city near you. Also, consider taking some time to review the many adaptive sports opportunities available through your local VA medical center. The Recreation Therapy Department is a great place to start. Take charge, reach out and have the courage to take the first step.

The same characteristics that allowed you to succeed in the military are the very same characteristics that will take you to new heights in the adaptive sports world. Disabled Veterans of all ages report a renewed energy, and confidence while competing.



TRANSPORTATION SCHEDULE SSC 2012 AM SESSIONS

Surfing - La Jolla Shores, Lifeguard Tower #33
La Jolla Shores, San Diego, CA 92037
Buses begin loading at 7:00 a.m. and will depart at 7:30 a.m.

Kayaking - Mission Bay Yacht Club
1215 El Carmel Place, San Diego, CA 92109
Buses will begin loading at 8:00 a.m. and will depart at 8:30 a.m.

Track & Field, Rowing, Archery - U.S. Olympic Training Center
2800 Olympic Parkway, Chula Vista, CA 91915
Buses will begin loading at 6:45 a.m. and will depart at 7:00 a.m.

Sailing - San Diego Bay
Behind the San Diego Marriott Marquis & Marina - dock # 3.
Begin loading sailboats at 9:15 a.m. departing at 11:00 a.m.

Cycling - Tidelands Park Coronado
Mullinex Dr. Coronado, California 92118
Buses will begin loading at 8:30 a.m. and will depart at 9:00 a.m.

TRANSPORTATION SCHEDULE SSC 2012 PM SESSIONS

Surfing - La Jolla Shores, Lifeguard Tower #33
La Jolla Shores, San Diego, CA 92037
Buses will begin loading at 4:00 p.m. and will depart for hotel at 4:15 p.m.

Kayaking - Mission Bay Yacht Club
1215 El Carmel Place, San Diego, CA 92109
Buses will begin loading at 4:00 p.m. and will depart for hotel at 4:30 p.m.

Track & Field, Rowing, Archery - U.S. Olympic Training Center
2800 Olympic Parkway, Chula Vista, CA 91915
Buses will begin loading at 4:00 p.m. and will depart for hotel at 4:15 p.m.

Sailing - San Diego Bay
Behind the San Diego Marriott Marquis & Marina - dock # 3
Begin loading afternoon sailboats at 4:45 p.m. returning at 5:00 p.m.

Cycling - Tidelands Park Coronado
Mullinex Dr. Coronado, California 92118
Buses will begin loading at 4:00 p.m. and will depart for hotel at 4:15 p.m.

2012 SUMMER SPORTS CLINIC SNAP SHOT



Photo by Larry Gilstad

FOR MORE INFORMATION ON UPCOMING SPECIAL EVENTS VISIT WWW.VA.GOV/ADAPTIVESPORTS

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HERO MILES

Sometimes making your way to the Summer Sports Clinic isn't always easy.



That's one reason why the Fisher House Foundation offers the "Hero Miles" program, a service that provides free round-trip airfare to wounded, injured and ill military service men and women, and/or their families who are undergoing treatment at a military or VA medical center. Miles are also made available to attend authorized events like the Summer Sports Clinic.

This year, applications (VA-3288) were sent with acceptance letters to selected Veterans and nearly 89 were able to use the program. 27 non-medical care providers were also able to use "Hero Miles."

Flights are made possible through frequent flyer mile donations made by individual airline passengers.

About Fisher House Foundation Fisher House Foundation is best known for the network

of comfort homes built on the grounds of major military and VA medical centers. The Fisher Houses are 5,000 to 16,800 square-foot homes, donated to the military and Department of Veterans Affairs, where families can stay while a loved one is receiving treatment. Additionally, the Foundation ensures that families of service men and women wounded in Iraq or



Afghanistan are not burdened with unnecessary expense during a time of crisis.

HERO MILES
For more information visit:
www.fisherhouse.org

GOING GREEN INITIATIVE

The National Veterans Summer Sports Clinic is "Going Green" by staying hydrated.

This year, all of the participants will receive a hydration backpack system that replaces the traditional backpack provided to Veterans in previous years. The hydration system will eliminate the need for water bottles and plastic containers. Filtrated water enhanced with electrolytes will

be available at every venue in five gallon containers, so you can take pride in the fact that your conserving the environment while your consuming good old H2O.



MERCURY RISING



"We have arrived --let's begin!"

belts out Air Force Veteran Kim Specht, who proudly plants Mercury's guide on in the ground near Stars and Stripes. Amidst the cheers, laughter and obvious pride, there is a lot more going on here than just sailing; nine women Veterans know they are about to be a part of something very special.

"Who wants the full America's Cup experience?" yells the captain. Several women giggle like young girls before they jump to their feet and start barking out their own orders to each other. There is work to be done.

"I have waited 12 years for this, to feel this commaderie again and to feel ok, like I belong again," says Specht.

She and eight other women representing different branches, backgrounds and personal battles make up the first ever all women Veteran Summer Sports Clinic Team. While steering the boat, Specht tells me how she first learned of the games just nine months ago. Specht knew immediately she had to be a part of it. Determination lead her to the VA Adaptive Sports website and Acting Director Tristan Heaton's phone number. She called him right away. "We have to have an all women's team and he was like go for it Kim."

"I have never laughed so hard in my life," says former 2nd Lieutenant Jazmin Coll-Serrano.

Straining to hear her over the singing, dancing and constant laughter, The Air Force Veteran tells me her "Involvement with VA's Adaptive Sports Program literally gave me a new life." After slowly losing her vision to a rare virus, Coll-Serrano

has purpose again. She says Adaptive Sports is her life now hoping one day to inspire and train other Veterans.

"C'mon Mercury, 1-2-3!"

Ten minutes later the main sail is up and Team Mercury is beaming from ear to ear; a new team, a new confidence and a new force to be reckoned with.

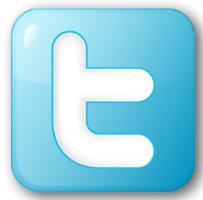


"It's not the mountain we conquer
...it's about conquering
OURSELVES"

Sir Edmund Hillary - 1st ascent, Mount Everest



SOCIAL MEDIA



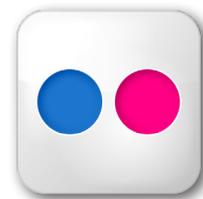
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